

NABLC Safety Advisor

December 2004



Just as there are safety rules and precautions to help you at work, there are also safety guidelines to help you through the holidays.

Decorations

Decorations can add to the enjoyment and beauty of the holidays - and to the hazards. Consider how safe your decorations are and remove items that could cause potential risks to your family, especially small children and pets. Ask yourself these questions as you decorate a tree or place items around your home:

- Are fragile glass ornaments - or ornaments which children could mistake as food or candy - out of reach?
- Are you using older ornaments made with toxic materials such as lead- based paints?
- Is tinsel hung on low branches of your tree, presenting a swallowing or choking hazard to children or pets?

Consider leaving these types of decorations off your tree. At the very least, hang them on higher branches.

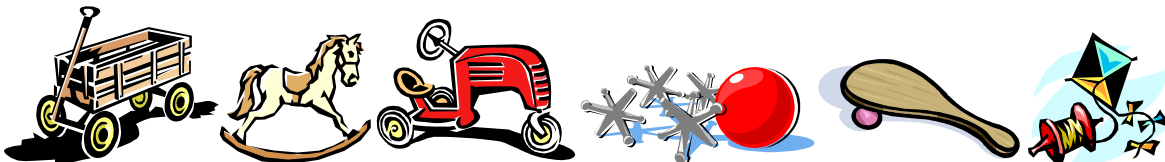
Even if there are no children or pets in your home, avoid using metal ornaments and garlands made of metallic or synthetic compounds. They are electric shock hazards.

Remember: Wear gloves if you are working with decorative materials such as spun glass or angel hair since they can irritate your skin.

Toys Toys Toys



As the holiday season approaches more and more shoppers will be hitting the streets to find that special something for the youngsters. There are many different kinds of toys to choose from, but keep in mind that some toys can be hazardous to a child. Here are a few of tips to keep in mind when shopping for the little ones.



- Select toys to suit the age, abilities, skills, and interest level of the intended child. Toys too advanced may pose safety hazards to younger children.
- For infants, toddlers, and all children who still mouth objects, avoid toys with small parts, which could pose a fatal choking hazard.

- ❏ Look for sturdy construction, such as tightly secured eyes, noses, and other potential small parts.
- ❏ For all children under age 8, avoid toys that have sharp edges and points.
- ❏ Do not purchase electric toys with heating elements for children under age 8.
- ❏ Be a label reader. Look for labels that give age recommendations and use that information as a guide.
- ❏ Check instructions for clarity. They should be clear to you, and when appropriate, to the child.
- ❏ Immediately discard plastic wrappings on toys, which can cause suffocation, before they become deadly playthings.
- ❏ To avoid risk of serious eye or ear injury, avoid toys that shoot small objects into the air, or make loud or shrill noises. Parents can hold the noise-making toy next to their ear to determine whether it will be too loud for a child's ears.
- ❏ Never buy hobby kits, such as chemistry sets for any child younger than 12 years old. Provide proper supervision for children 12 to 15 years of age.
- ❏ Tips of arrows or darts should be blunt, made of soft rubber or flexible plastic and securely fastened to the shaft.
- ❏ A child's pediatrician can help parent's decide which toys are safe for newborns, toddlers and teens



Driving in Bad Weather

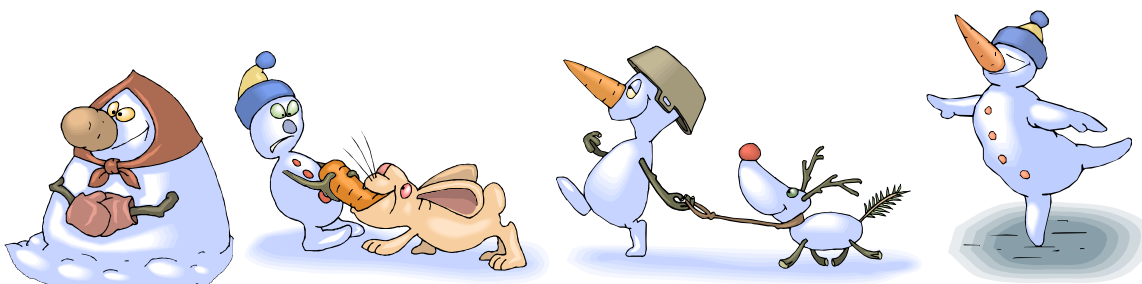
When driving in bad weather plan ahead. It may save you a lot of hassle. The following are some things to think about during your planning process.

- ❏ *Make sure you have enough fuel*
- ❏ *Make sure your windows are clear of ice and fog. Turn on your lights when driving. If visibility becomes poor while driving pull off until it clears up.*
- ❏ *Measure your speed conditions*
- ❏ *Sticks to main roads so if you have car trouble you can seek help easier, back roads are not always maintained.*
- ❏ *Wear your seat belt at **ALL TIMES***
- ❏ *Let someone know where you plan to travel and the route you are taking so you can be searched if you don't show up at a reasonable time*
- ❏ *Listen on your radio for current and future weather conditions*

The Safety Office would like to wish everyone a

SAFE

And Happy Holiday Season!!!

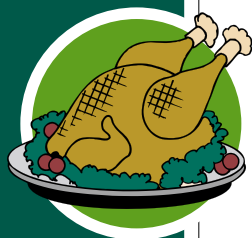




OUT WITH THE OLD, IN WITH THE NEW:



'Tis the Season to Ring in New Home Food Safety Traditions

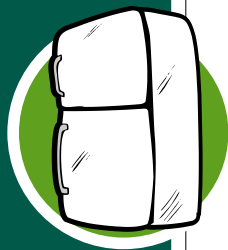


Eat, drink and be merry with these simple home food safety tips from the American Dietetic Association and ConAgra Foods:

RECKLESS THAWING

Old Habit: More than one out of four Americans admit to thawing their frozen turkey or other main meat dish on the kitchen counter, in the oven or even under hot water in the kitchen sink.

New Tradition: To prevent the spread of harmful bacteria, frozen meats should be thawed – and marinated, for that matter – in a refrigerator set below 40 degrees Fahrenheit. Or, if pressed for time, you can thaw a wrapped frozen turkey (breast-side down) in a sink filled with cold tap water, making sure to change the water every 30 minutes.



HOLDING OUT ON HOT STUFF

Old Habit: When preparing a cooked dish that needs to chill (for storage or serving purposes), nearly four out of five home cooks think it's necessary to wait until foods cool before putting them in the refrigerator.

New Tradition: Once upon a time, placing hot foods in the refrigerator could lower the overall temperature of the fridge and cause foods to spoil. Not anymore! To ensure the freshness and safety of your freshly cooked foods, place them promptly in the refrigerator after cooking ... no need to wait.



COVERED DISH DELIVERY

Old Habit: Three out of five holiday revelers typically travel for at least one hour with their homemade holiday dish to a relative or friend's home.

New Tradition: Pay close attention to how much time passes from the time you leave your door until your dish is eaten. If it's more than two hours, consider packing your cold dish in a cooler or hot dish in an insulated bag to keep it safe and bacteria-free.



ROCKING THE GRAVY BOAT

Old Habit: While a majority (71 percent) of home cooks remember to bring gravy to a boil before serving it, many forget the same rule also applies during the encore presentation. In fact, more than half just reheat leftover gravy in the microwave until it's hot before serving again.

New Tradition: In order to eliminate harmful bacteria, always bring leftover gravy to a boil on the stove before serving it a second or even third time around.



FESTIVE FLOOR-GRAZING

Old Habit: Nearly one out of four Americans say they abide by a specific "rule" to determine how long food is safe to eat after it falls on the floor, with the majority giving a green light to food rescued within three seconds.

New Tradition: Tragic as it may be when a holiday treat topples to the floor, it's never a good idea to eat it. In the spirit of "out with the old, in with the new," toss it.

Contact Information: Lori Ferme, American Dietetic Association (800) 877-1600, ext. 4802 or Kristen Barnfield, Edelman (312) 240-2829

Minutes of the November Traffic Safety Committee meeting are provided for your information. Participation of all Little Creek Commands is invited and encouraged. The date of the next meeting is provided in the minutes.

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N05LC
16 Nov 2004

MEMORANDUM

From: Chairman, Traffic Safety Committee
To: Commanding Officer, Naval Amphibious Base Little Creek

Subj: NOVEMBER 2004 MINUTES OF THE QUARTERLY TRAFFIC SAFETY COMMITTEE MEETING

Ref: (a) OPNAVINST 5100.12G

Encl: (1) List of Attendees

1. Per reference (a), subject meeting was held on 16 November 2004 at 0930, in building 3089. Enclosure (1) provides a list of personnel who attended. Major Powers of the Little Creek Police Precinct and Mr. Edwards of the Little Creek Safety Storefront conducted the meeting.

2. Old Business

a. Complaints of pedestrians almost being hit in the cross walk around the curve near buildings 1126,1265 have decreased. The improvement is possibly due to increased awareness after Mr. Edwards placed an article in the Safety Advisor Report, and the increased Police presence patrolling the area. David Bailey stated new pedestrian sign was placed at cross walk by 1126,1265.

b. Lt. Worthing inquired about re-striping roads and parking lots on the installation. Mr. Bailey (NAVFAC) noted numerous areas are in need of re-marking, but reminded us everything must be prioritized due to the limited funding. Mr. Bailey suggested Lt. Worthing considers the possibility of marking areas within his responsibility as a self-help project to accomplish the improvements. Lt. Worthing was very receptive to the idea. Lt. Worthing has for the self-help project with guidance from Mr. Bailey. Mr. Bailey stated company no longer had contract. Mr. Bailey stated the repairs for Nider Boulevard and Amphibious Drive has been released.

c. Mr. Edwards reviewed the new Virginia DUI Laws that came into effect 1 July, 04, and the fact they apply on board Naval Instillation. Lt. Worthing advised that his command has several programs already in place to address alcohol related incidents, to include a safe Driving Program that provides a driver for anyone in

Subj: NOVEMBER 2004 MINUTES OF THE QUARTERLY TRAFFIC SAFETY COMMITTEE
MEETING

the command who has too much to drink. This issue was for all general to distribute to his or her command. Closed

d. Mr. Bailey announced the start of a new round of pothole/cement Repairs to include: Gate5/Gator Blvd at the Tennis Courts/Gator Blvd & Hewitt Dr./ Police Station and Parking Lot. Mr. Bailey further advised the Sink, Hole at Shields Hall was caused by NMCI installing their conduit. NMCI has accepted responsibility and agreed to make all necessary repairs. Money has been allocated and projects will be done in priority. Mr. Bailey has this issue. This is closed.

3. New Business:

a. Mr. Ben Hogwood Safety Manager NAVSPECWARGRUTWO and Lt. Worthing Safety Officer ACU-4 asked to have the speed limit lowered on Helicopter Road from 35 miles and hour to 30 miles an hour due to vehicles moving to fast as they enter the Helicopter and Gator Boulevard intersection. Mr. Edwards suggested this would be a good idea. Major Powers NABLC Police Precinct added that the intersection has had several bad accidents and reducing the speed may also slow the vehicle down enough to reduce accidents. Major Powers further added it might further help with the vehicles that keep hitting the over head lines on helicopter. David Bailey from NAVFAC stated that changing the speed limit sign would be no problem. Major Powers suggested that until we here from the Commanding Officer that the speed change has been approved/disapproved he would have the portable speed sign transported to this area to let people know how fast they are actually going. Lastly, a radar equipped police vehicle would do enforcement in the area as much as possible.

b. Mr. Ben Hogwood advised that the loose gravel in the road at Gate 4 was getting bad again. David Bailey from NAVFAC stated he would take this for action and have the gravel cleaned off the roadway. Lt. Worthing also asked Mr. Baliey if he could have the Chapel overflow lot cleaned off from gravel as they are teaching motorcycle safety classes in that lot. Mr. Bailey also took this for action.

c. Mr. Edwards stated that there will be a Traffic Safety Presentation for all E-6 and above at the Little Creek Base theater. Mr. Edwards stated that this training would be conducted on Thursday, 18 November 2004 at 0900 by the Naval Safety Center. *General issue for all commands that are on the base.*

d. Major Powers added that during the holiday periods the Police Department will have DUI checkpoints in support of none for the road program. *General issue for all commands that are on the base.*

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e. Lt. Worthing from ACU-4 stated he has a stop sign problem. The stop sign is on the wrong side of the road when you enter the ACU-4 compound. Mr. Bailey stated that they should be able to get it fixed by placing a stop sign on the soft shoulder of the road. Mr. Bailey and Lt. Worthing will work this issue for ACU-4.

f. Lt. Worthing mentioned the Safe Ride Program. During the holiday if service member spends all of their cash, ACU-4 MWR has an account with a cab company (855-9009 ask for Lori) that will provide service members a ride back to their command. The money will be deducted from their MWR account and the service member will repay the MWR commands account. Lt. Worthing, Mr. Hogwood, Mr. Bailey and all other attendees stated that there was not enough attendance from the tenant commands here at Little Creek. Mr. Edwards from safety has this for action.

4. The next meeting of The Traffic Safety Committee will be held on 10 February 2005 at 0930 at the chapel, building 3535. Please forward agenda items to Major Powers at 462-4838 or email Powersd@nablcnavy.mil or Mr. Edwards at 462-2501 or email Dedwards@nablcnavy.mil

4. The meeting adjourned at 1040.

D. Powers
Chairman